

Cayuga Coaching

Saturday Running Lab

October 13th

Join Coach Shane Eversfield for an informative one-day running clinic! Focusing on strength, conditioning and fundamental running techniques. All levels welcome!



Saturday Oct 13th
9:00AM-2:00PM
Small Group Training
Room and Outside
Island Health & Fitness

MEMBER: \$89
NON-MEMBER: \$99

For more information contact Shane Eversfield at
shane.eversfield@gmail.com



Cayuga
MEDICAL CENTER

A Member of Cayuga Health System

CAYUGA
COACHING



ISLAND
Health & Fitness

in partnership with Cayuga Medical Center